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P.F. CHANG'S

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Restaurant Guide to P.F. Chang's

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OVERVIEW

P.F. Chang's is the perfect place if you're looking for made from scratch Asian Food. With quality ingredients and the tradition of wok cooking, you'll have the best experience.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT P.F. CHANG'S

- Choose steamed instead of fried
- Go vegetarian for lighter dishes and less calories
- Ask for extra broccoli as a side instead of heavier items like noodles

FRIENDLY MENU ITEM'S AT P.F. CHANG'S

MAIN COURSE

We know that Asian food can come at a cost (in BITES that is.) But if you're looking for a splurge, P.F. Chang's is a great place for that! It'll be best to stay away from most of the large entrees, and instead make your own meal by picking smaller, lighter options.

Starting with the Dim Sum menu, the Vegetable Spring Rolls (2 pieces) are a delicious treat filled with all the veggies.

The Steamed Handmade Pork Dumplings are another delicious option and come with 6 pieces.

The Steamed Handmade Shrimp Dumplings are also going to be a nice, fresh choice.

Next, let's move on to Sushi. The California Roll is always a fan favorite and comes in at 390 calories. The Spicy Tuna Roll is another lighter option, and another favorite!

Moving on to salads and soups- the Asian Caesar Salad is a great choice with romaine, Parmesan, toasted sesame seeds and wonton croutons. Yum!

If you're a fan of soups, you're in the right place! There are multiple good choices here. First is the Wonton Soup, which you can choose from a bowl or cup. The Egg Drop Soup and Hot & Sour Soup are delicious options. Try Pairing a cup of soup with a delicious California Roll or Spicy Tuna Roll!

When it comes to entrees, you'll want to be fairly selective. Pay attention to whether something is steamed or fried, and always go steamed if you can to keep it lighter. The Steamed Spicy Chicken is a great option here, as well as the Steamed Pepper Steak.

If you're wanting to fill up on veggies, Buddha's Feast is a delicious blend of five-spice tofu, savory sauce, green beans, mushrooms, broccoli and carrots. You can order this one stir-fried or steamed.

When it comes to vegetarian meals, the Stir-Fried Eggplant is a delicious dish. With Chinese eggplant, sweet chili soy glaze, green onion and garlic, you'll get all the flavor for less calories!

If you're a seafood lover, the Shrimp with Lobster Sauce (steamed) is a great option and comes with chopped black beans, mushrooms, egg and green onion.

Last on the list is the Ginger Chicken with Broccoli. A classic, delicious Asian dish!

**These dishes do not include rice or sides unless stated.*

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Vegetable Spring Rolls (2)	390	19g	53g	4g
Handmade Pork Dumplings, steamed (6)	460	21g	43g	19g
Handmade Shrimp Dumplings, steamed (6)	310	7g	35g	26g
California Roll	390	16g	53g	10g
Spicy Tuna Roll	300	6g	43g	19g
Asian Caesar Salad	410	30g	22g	15g
Wonton Soup (bowl/cup)	570 / 120	17g / 3g	53g / 13g	49g / 9g
Egg Drop Soup (bowl/cup)	270 / 40	7g / 1g	42g / 6g	7g / 1g
Hot & Sour Soup (bowl/cup)	470 / 70	12g / 2g	63g / 9g	26g / 4g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Chang's Spicy Chicken, steamed	560	12g	39g	56g
Pepper Steak, steamed	440	21g	28g	33g
Buddha's Feast (stir-fried/ steamed)	380 / 200	8g / 3g	53g / 28g	27g / 17g
Stir-Fried Eggplant	530	34g	57g	4g
Shrimp with Lobster Sauce (steamed)	500	27g	22g	38g
Ginger Chicken with Broccoli	480	12g	41g	26g

SIDES

These sides are perfect pairings to any entrees!

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
White Rice (individual, 6oz)	220	0g	49g	4g
Brown Rice (individual, 6oz)	190	0g	40g	4g